

## CLAIMS

I claim:

1. A composition for enhanced mental function, wherein the composition comprises:

- 5        a.    vitamin B12 on ion exchange resin;
- b.    phosphatidyl serine (PS);
- c.    dimethyl-aminoethanol (DMAE);
- d.    docosahexaenoic acid (DHA);
- e.    L-pyroglutamic acid; and
- 10      f.    herbal extracts from *Bacopa monniera*.

2. The composition of claim 1 further comprising at least one antioxidant complex selected from the group consisting of Vitamin A, Vitamin E, Vitamin C and proanthocyanidin.

3. The composition of claim 2 wherein the antioxidant is proanthocyanidin that is 15 derived from the grape or the seed of *Vitis vinifera*.

4. The composition of claim 1 further comprising at least one mineral complex selected from the group consisting of calcium, copper, iron, iodine, lithium, magnesium, manganese, potassium, vanadium and zinc.

5. The composition of claim 4 wherein the mineral complex comprises 20 magnesium, calcium, zinc and iron.

6. The composition of claim 5 wherein the magnesium, calcium, zinc and iron are present as Krebs Cycle Intermediates.

7. The composition of claim 1 wherein the composition further comprises at least one B-complex Vitamin selected from the group consisting of Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5 and Vitamin B6.

8. The composition of claim 1 further comprising an herbal extract wherein the 5 herb is selected from the group consisting of *Vinca Minor*, *Huperzia serrata* and *Vaccinium myrtillus*.

9. A method of improving mental performance comprising administering a daily supplement consisting of one serving (4 tablets) of the composition of claim 1.

10. A method of improving mental performance comprising administering a 10 supplement consisting of one serving (4 tablets) of the composition of claim 1 twice daily.

11. A composition comprising the ingredients of Formula I.

12. A composition comprising the ingredients of Formula II.

13. A method of improving mental performance comprising administering a daily 15 supplement consisting of one serving (4 tablets) of the composition of claim 11 or 12.

14. A method of improving mental performance comprising administering a daily supplement consisting of two servings (4 tablets twice daily) of the composition of claims 11 or 12.